

BRIDGES

WEDNESDAY, MARCH 25, 2015

MUSIC:

Singer's farm-girl grit
cultivates a fulfilling
career **P. 14**

SHARP EATS:

Make these best-
selling quinoa-pumpkin
muffins at home **P. 36**

WINE WORLD:

A South African
pick Pinot Grigio
fans will enjoy **P. 39**

MUSCLES BOUNDED FOR GLORY

WHAT MAKES JOHN KING
LIFT CARS AND PULL TRUCKS
FOR THE FUN OF IT? **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

KENNETH D. REIMER

Enjoy an adventure through time in Zero Time

"Thirty years from today a beauty and peace serial will take a hit at the *Murder Toy Company*. She will start paying off her student loan, she will fall in love and she will begin to travel through time."

Inspiration often strikes at unexpected times and in unusual forms. For my new novel, *Zero Time*, inspiration arrived unexpected—exactly seven years ago after I had just admitted to my wife that my creative fountain had run dry.

Somehow I suddenly stretched out in bed, and in my head hit the pillow,

a cascade of ideas flooded into my mind. It felt as though someone was holding an upturned pitcher of liquid creativity and pouring it through me, inevitable spilling over my forehead.

Story with swirling images, I scrambled from bed and spent the next frantic hours scribbling down the story as it unfolded in my imagination. The lesson, Jaws and Agatha; the young violinist Clinton Child, and the horrific Top ... they were all there, fully formed. If only I could capture them on paper before they vanished back into the mist.

Kenneth D. Reimer

The result of that startling moment of creativity has now reached publication. The premise of *Zero Time* is straightforward. In the near future the employees of a toy company travel through time to stop a kidnapping of a young girl. They are strapped in packing tape. When they open the box, they discover an oddly weird mechanized monkey that allows them to travel through time. While using this toy one of these teens witnesses a terrible truth and speaks his last words. He flies into the past and ends our present time.

But congressional readers are compelled to track him through an increasingly dangerous space-time continuum where their efforts are sabotaged by a mysterious stranger from the distant regions of *Zero Time*.

Although *Zero Time* is a novel of time travel, its central concern is the characters rather than the science. It is an examination of how ordinary people respond to extraordinary circumstances. Recently one of my readers admitted to me that she actually does not like science fiction, then she added, "But I really enjoyed that story! It doesn't matter that it's science fiction, I think anyone would like it."

Give yourself the gift of adventure. Let *Zero Time* take you on a journey through time and the imagination.

Zero Time can be purchased directly from Amazon.com (or Amazon.co.uk) or other book or Kindle formats. The good people at your local bookstore can also easily order a copy.

A NOVEL

BY

KENNETH D. REIMER

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INDEX

ON THE COVER PG. 4



Strengths John King does an atlas since many lifters lift stones from 200 lbs. to 3,000 lbs. at Synergy Strength gym in Sackville. (MICHAEL BRIDGES PHOTO BY MICHAEL BRIDGES)

TABLE OF CONTENTS

READ MY BOOK — 2

Enjoy an adventure through time in *Zero Time*.

ON THE COVER — 4

What makes John King lift cars and pull trucks for the fun of it?

ON THE SCENE — 10

At the Sackville Heritage Society's Fundraiser and luncheon.

IN THE CITY — 13

A moment in time: Photographer Michelle Berg's shot that captures the week.

MUSIC — 14

Singer's firm feet and guitar cultivate a career in music.

CROSSWORD/SUDOKU — 27

ASK ELLIE — 27

GARDENING — 28

Will the real Easter lily please stand up?

EVENTS — 30

What you need to know to plan your week. Send listings to: images@thestarphoenix.com

OUTSIDE THE LINES — 35

A weekly column by creation for kids of all ages by artist Saraphine McKay.

SHARP-EATS — 36

Make these best-selling quinoa-pumpkin muffins at home.

RECIPES — 36

WINE WORLD — 39

A South African look for Pinot Gigeo wine.

MUSIC PG. 14



Social media revolution Michelle Berg expanded her talents beyond the country music genre. SUBMITTED PHOTO

BRIDGES COVER PHOTO BY MICHELLE BERG

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ON THE COVER

I think anything's possible. That's how I survived doing so bad for so many years was just knowing it was possible. — Scott Cummune

STRONGMAN COMPETITION

Perseverance, positivity are Cummune's strengths

By Ashley Martin

"It's a sport where you don't make any money. There's not really any fame, there's not fortune, so you have to just do it because you enjoy it."

— Scott Cummune

The tendon snaps. A 400-pound steel log shatters as it hits the floor. Scott Cummune bears the brunt of both.

The early January strongman competitor Cummune is at Adrenalin gym training for his leg press.

He walks it back long inserting the 12-inch-diameter log shown. His heart beats the ground in five seconds.

The log obscures him from us, he keeps it back down to shoulder height.

His left foot lumbers.
His leg buckles.

His partner pushes, which releases the knapsack to the skin, bone, and tissue the weight.

"Usually when I hear a crackle I can only hear it in my head and no one else can hear it, but the tendon is so tight, my knee cap was up and that triggered it in the leg," says Cummune who started strongman 18 years ago.

"An injury is just a wrong step away!"

And this one was caught on tape.

"No one ever gets them on tape like that," he says. He laughs about it when he could just as easily cry. But Cummune is not one to feel sorry for himself.

"It would be easy to quit after this. It's really painful to come back, but there's a lot harder things in life."

Cummune, the 37-year-old from Woodstock, Canada, six years removed, is progressing ahead of the curve in physiotherapy. He's pushed himself farther than he's supposed to in recent weeks.

He hasn't stopped training.

"This leg is hurt but I still have three burns I can train," says Cummune, a fervent math teacher. "Unless I'm in a full body cast, there's still something you can actually do."

Downlow on page #



Strongman competitor John King has been in competitions since 2001. He will compete in the Western Canada Strongman competition. Photo by Ingrid Michel/CP Images

If your heart rate's at 200 beats per minute during a dead lift and it's doing that for an entire show, you're going to have a heart attack. — Cummine



Authentic Amish Cooking



True Belgian Waffles

2 C. flour
1/2 C. sugar
2 1/2 T. baking powder
1/2 C. milk

1 C. butter
1 t. vanilla
2 eggs, separated



In a bowl, combine flour, sugar and baking powder. In another bowl, lightly beat egg yolks, add milk, butter and vanilla. Mix well. Stir in dry ingredients and well combined. Beat egg whites until stiff peaks form. Fold into batter. Bake in a preheated waffle iron, according to manufacturer directions, until golden brown. Serve with strawberries or syrup. Yields 10 waffles about 4 1/2" each.

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You come in with all the intensity and there's a crowd there and you're a really good lifter at the gym and you feel like you're going to do really well but you're just not ready for the level of competition. — John King



Strongman competitor John King lifts a 530-lb (240-kg) log press at Strongman Spectacular in Spokane. (Photo by Michelle Uteff)

He hopes to be in shape for the Western Canadian Strongman Meet competition on July 1 in Regina.

This is the second injury King had in more than a decade as a strongman competitor, but it's not the only injury.

He has a shoulder tear, a torn patellar tendon. He has torn his left Achilles twice, his right quadriceps and left calf twice each. Those are just the injuries.

"There's always minor aches and pains. My body isn't supposed to carry 1,000 pounds," says Camrasse, 31, who works at the Regency Correctional Centre.

"You're doing things on a regular basis that you probably shouldn't be doing," adds John King, a 36-year-old strongman who trains in Spokane. "Injuries happen and you can't be naive in this sport."

He's been lucky. In almost five

years of strongman training, he's been injury-free.

Yet King isn't going to stop competing because, like, worried about maybe something in the future. "I'll tear my knee or blow a disc in something like that. That'll be a pretty lame outlook on life."

Strongman is unlike other sports because less is more. In training, Camrasse does heavy lifting about three days a week and spends other

days doing smaller activities —精英

lifting, riding a bike and self-massage.

King trains three days a week for three-hour stints.

That's because, for example, carrying a 600-pound "barrel" (an end-over-end soccer person on the knees and spine). Camrasse only pretends that every event requires that; most of the time, he carries a weighted sled (Giancaso's best event) — 100 lbs stones weighing upwards of 100 pounds each. High (platform), upper (pole) (King's next event) — walking while carrying a weighted bar across the shoulders, the car walk (Giancaso's next event) — via truck. First, Giancaso strapped two wrapped down car and walk up it along a curvy road, and the truck pull (one of Camrasse's best events) — putting a truck by hand down a reverse as quickly as possible.

I don't win a lot of competitions. When you don't, you have to see failure as a way to get better or a way to quit. If you don't adapt that mindset, you're going to fail. — Cummine



Learning to manage adrenaline is part of the training.

"If your heart rate is at 280 beats per minute during a deadlift and you're doing that for an entire show, you're going to have a heart attack," says Cummine, who can deadlift 800 pounds.

To carry a 400-pound shield for 100 feet or more, you need low adrenaline for even breathing and a low heart rate. You get into "the zone," like a meditative state.

"I don't feel any pain or my lungs burning. It's kind of automatic. And when it's done it's kind of like 'What, what happened?'" says Cummine.

"People think that strongman, you have to be really fired up and psych'd up, and some guys are but it's really the opposite. You have to be really relaxed and very calm — because it takes so much focus to do that all the time," adds Cummine.

Continued on Page A 8



Strongman competitor John Cummine is originally from Alberta, but now lives in Abbotsford working as a personal trainer. **ANNE BRIDGES PHOTO BY MICHELLE RYBICKA**

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Dear Anne,
My dad and I found a bobcat on our deck but we were scared to pick it up since it could have rabies. Do bobcats carry rabies?

Anne

Dear Anne,
Now don't go belly on me because my best friends have been getting a bad rap about this for years! People used to think that every bat they saw flying around at night carried rabies, a deadly viral disease that is passed through an animal's saliva. This was one of the reasons that people started to fear bats in general. It wasn't until more research was done that scientists realized that less than 1% of bats carry rabies and that other animals, like dogs, coyotes, raccoons, foxes, and skunks, are far more likely to carry rabies. If a bat is lying on the ground because a wild animal will try to carry it off if it feels threatened. Instead, you can call my friends at the Wildlife Rehabilitation Society who will help you to solve the problem without hurting your neighborhood friends! So keep your eyes to the sky for our important nocturnal friends and come visit my best friends, BANOFF and ELIZABETH, at Beaver Creek at 1pm on April 20 and 26 to learn more!

Send your questions to me at the address below then watch Bridges for the answers.

Your pal, Chip
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There's always minor aches and pains. My body isn't supposed to carry 1,000 pounds.
— Cummine



Scott Cummine won the Western Canada strongman competition six times along activities like tire flipping, truck pulling, and box hauler competing in the International strongman competition. (PHOTOGRAPH BY GLEN HEALEY)

• • •

Kong discovered strongman while training in New Mexico. His old leagues at RHP Halifax were soon getting and invited him to watch. Kong was hooked.

He'd been athletic before, but no more so than other guys he saw at the gym. "I went to the gym and read the news剪报."

Before strongman, "I would have never thought of destroying a car." But "when you see something that you're really passionate about and you want to be good at, your learning just totally changes. You just kind of dive into it," says Kong. 6-foot-1 and 260 pounds.

After three months of training, he entered his first strength comp-

etition in fall 2006. It went "pretty terrible."

"You think you're ready for it but you're not," says Kong, who works as a mining engineer in Huntsville. "You come in with all the intensity and there's a crowd there and you're not really good either at the gym and you're not really going to do really well but you're not even ready for the level of competition. It's an extremely competitive sport."

Elated ("dumbfounded") in his first couple of contests,

When he moved to Saskatoon in April 2007, "I just got destroyed all over again because the competition here is two times what it is in the States. The athletes are significantly stronger."

There are about 30 strongmen

competitors in the province.

Lately, Cummine has been helping Kong with his training program, which Kong says has improved his skill set.

"My strength and mobility and conditioning have improved immensely" says Kong, who now has 13 competitions under his belt. "My mental game during competitions is way better."

• • •

Cummine was 15 years old and in Grade 9 when he decided to visit the weight room at Sheraton Wil James Collegiate. He has been lifting weights ever since.

In Grade 10 he was 300 pounds.

"It was kind of new and I was progressing fast," says Cummine. "I think it was because no one was telling me what to do."

When he was 16, he saw Polish strongman Mariusz Pudzianowski compete on television at the World's Strongest Man.

That's when Cummine decided to pursue the sport, inspired by Pudzianowski's speed and athleticism. That's why he uses many kinds of sprints: "like myself," says Cummine who is 6 foot-6 and weighs about 380 pounds. "Very small for the sport."

By contrast, the current champion is 5 foot-9 and 400 pounds.

He enjoyed the multitude of the sport. "No coaches to tell him when and how to train, no dietitians to

tell him when or what to eat. "When we do that, it's your fault," says Cummine.

It was a struggle to learn to mentally cope with that reality.

"It's a whole year even though he can get you down. If I didn't do good, I'd be really upset about it instead of focusing on the next competition or the future," says Cummine.

He visualizes. The athletes he'd like to see and has learned to focus on the things he can control.

"You can only progress physically for so long. I'm never going to be 380 pounds. I'm going to be 310 and I'll plateau there physically that mentally we don't really know what the mind is capable of so I think that's the biggest asset," says Cummine.

I'm never going to be 350 pounds. I'm only going to be 310 and I'll plateau there physically. But mentally, we don't really know what the mind is capable of. So I think that's the biggest asset. — Cummine

"I don't see a lot of competitors. When you do, you have to see where on a map you sit better or a way to out. If you don't adapt that mindset, you're going to fail."

King is learning to do the same.

"You won't come into a strong man competition and say you're going to win," says King.

He sets small goals for himself every few months, as well as a long-term goal.

Right now he has goals that relate to specific training — a 310-pound deadlift, 800 squat and 300 log press (in a PR). In competition he achieved a 600 deadlift and 310 log press.

His long-term goal is to be invited to compete on Western Canada's Strongest Man, "the best of the best in Western Canada."

Cummine's goal has evolved with experience. He's won more than 20 competitions, including nine Canadian Strongest Man and 10 Western Canada's Strongest Man. He's won the latter seven times.

A few years ago, his goal was to compete in World's Strongest Man. Having done so twice, in 2003 and 2014, his new goal is to make the final.

"I think anything's possible. That's how I carried during so bad for so many years was just knowing it was possible," he says.

FOOD IS FUEL

"It's all about calories," says Cummine. "There is no body weight in under-to-compete."

King and Cummine eat about 6,000 calories per day. They each eat a lot of meat (chicken, ground beef, fish), eggs, protein, potatoes and lots of greens.

Lots of leg work, that's one idea taught to King. "You can't expect to make strength gains and do all that if you're picking food you don't want to eat. You have to have a meal plan that you actually look forward to doing."

"You can't do chicken and brocoli four times a day; you'd just want to murder yourself."

Every day means cooking and planning.

Eating becomes a chore because

Cummine eats a lot of protein.

WHAT DO 5,000 CALORIES LOOK LIKE?

Spaghetti — 7½ cups

Quinoa — 22 cups

Peanut butter — 27 tablespoons

Chicken — 16 cups

Bananas — 42

Chocolates — 18 pieces

Milkshakes — 10

Beef and beef — three cups

Olive oil — 25 cups

Kale — 150 cups

Isolated eggs — 64



Strongman competitor John King carries a 2014 7500 lb. barbell while training toward his ultimate goal of competing in the Western Canada Strongman competition.

"If I mean a week of food, I'll lose 30 pounds," says Cummine. "I just try and eat so much I can honestly say I'm doing chugging."

Cummine gets creative — protein

shakes are a great way to quickly consume 1500 calories.

Before bed, he'll down 10 tablespoons of peanut butter and a glass of milk.

King starts his day with breakfast at 6 a.m., lunch at 9:30, a second lunch at 1 p.m., a snack at 4:30 and supper at 8.

His coworkers are understanding

when he sometimes brings a plate of food into a meeting. When he misses a meal, he makes up the calories later. "That's when you go for the cheesecake route."

ON THE SCENE

SASKATOON HERITAGE SOCIETY FUNDRAISER

The Saskatoon Heritage Society hosted a fundraising luncheon on March 22 at the Sheraton Hotel. About 75 people came out to support the society during a locally focused lunch and hear guest speaker Dr. Glenn Stuter discuss local museums for Saskatchewan.

The money raised from the luncheon and silent auction will go toward education on heritage matters and publishing the 27th edition of the annual History Review.

The society is a non-profit organization that advocates the preservation of heritage buildings and historic landscapes. To get involved with the society visit www.saskatoonheritage.ca. The group meets on the third Wednesday of each month.

BRIDGES PHOTOS BY MICHELLE BERG



ON THE SCENE



1. Joan Williamson and Ruth Miller
2. Geoff Ursell, Barbara Saenger and Mildred Kent
3. Valerie Shelley, Linda McArthur and Den Kent

4. Chira Polley, Louise Polley and Marc Kennedy
5. Jean R. Wall, Mandy Pehr, Tessa Corson and Diana Belans
6. Saskatoon Heritage Society president Patsy McGivney and past speaker Glenn Gutter, Director of Urban Ecology
7. Cathy Ry, Joe Ry, Carol Blenkin, Peter Read, Jean Read

8. Yann Weiser and Irene Leffatt

9. Dorothy Funk, Margaret Hendry and Victoria Neufeldt

10. Kristin and Nathan Evans, Kavanagh

11. Michael Ponsetti and Joann Holm

12. Linda Fenton and Paulette Hoorn

13. Michael Farther and Henry Reznik

14. Peppy Stewart, Jean Farther, Dennis Bruce and Karen McLean
15. Hazel McIke, Berni Biddle, Judith Henderson and Tolson Henderson



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IN THE CITY

MARCH 17, 2015 - 9:37 A.M.

Saying farewell to an old friend



People leave messages and mementos on boards placed to the fencing surrounding the former site. The building was partially demolished before demolition began on Feb. 18. #Bridges Photo by Michaela Wilson

MUSIC

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COUNTRY-WESTERN MUSIC

Barsi's farm-girl grit cultivates career



Ris Barsi, who was inducted into the Saskatchewan Country Music Awards Hall of Fame this year, has won two including radio artist of the year. SUBMITTED PHOTO

By Ashley Martin

Ris Barsi has always been a die-hard fan of country. It probably stems from her upbringing.

"I have been (transient) all my life," says Ris Barsi, a singer-songwriter based in Moose Jaw. "When you're raised in the form, I think that gives everything to do with learning how to make things work."

She taught herself guitar when she was 12, after a singing gig on a Victoria TV show was canceled because her guitar player landed out-

of town. She listened to a local radio station and learned to play along.

"I eventually learned enough theory to take that guitar down to Kindergarten, where, after years of playing, she remained without a record deal. Rather than sell it, she gave it away back to Alberta and

decided to cut her own album on a rented studio in Moosomin. Now she's got her first record deal with the independent label, Juke Box Records.

When a daughter was little, rather than put her career on hold, Barsi discontinued and started performing children's shows.

And when people told her to pack a genre and stick to it, she didn't listen.

"You can't be a one-track pony in this business," said Barsi, whose music runs the gamut from pop country (traditional), western, blue-

grass and gospel. "I'm glad that I don't have all my eggs in that (one-track) basket."

That said, it's not for anything she's a trained actress. She loves each style equally.

"You see me in the industry tell me, you need to just pack one genre and stick with that," said Barsi. "I think it's because I would be missing out on all these other opportunities and the joy that it brings."

Toddy Barsi has 12 albums under her belt. The most recent one,

released last year as the first for which she wrote every song, rather than fill half an album with tracks by other artists.

With *Portrait of a Cowgirl*, she worked to reflect every genre she plays.

"It was quite a challenge to write it that way and I feel like everything I set out to do, it's working with this project," said Barsi.

She was nominated an seven Saskatchewan Country Music Award categories in 2014 and won two, including radio artist of the year.



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2 PATIOS

Today's outdoor furnishings boast sleek indoor style.

3 GARDEN

A new generation of backyard farmers is into veggie gardening.

8 DECKS

Make your deck more entertaining with an outdoor TV.

2 **Outdoor Living**

A seamless transition from indoor to outdoor living is one of the popular trends for the upcoming outdoor season. Photo Courtesy of Garden Architecture & Design

Outdoor Living REDEFINED

BY HILARY GLASSMAN
OF SP SPECIAL PROJECTS

Remember summer? Those few days be-
tween now and leaves unfurl? It's on its
way. Soon our favorite dreams of relaxing
outdoors will come! We'll sit out days at
the comforting feel of the summer sun (feels
sunburn, of course), and star-gazing nights
sitting around the fire with possible sightings
of aurora borealis. These are the longed-for
escapes from the 9-to-5.

To inspire these dreams, Garden Architecture & Design (GAD) provides a sneak preview into outdoor living trends for the upcoming season, and ways to live outdoors to confront.

Increasingly, homeowners seek a smooth transition from indoor to outdoor living. "Mid-century modern reigns in outdoor spaces to co-exist with the popular interior style is a strong exterior style trend this year," says Nel Holmren, creative director for GAD along with Delano Wootton. "The interior style of the home should transition seamlessly to the exterior spaces. This creates a harmonious feel both inside and out." Beautiful new outdoor furniture frames and fabric styles available for 2012 can complement any interior style.

Outdoor spaces that are conceived as an extension of our home or cabin allow us to extend our indoor living culture as being as possible. Retailers and manufacturers ramped up the spring and summer outdoor market focus are offering new furniture, textiles and materials that resemble indoor furnishings yet can withstand the elements. Families are incorporating large umbrellas, fire tables, pergolas and cabanas in their outdoor spaces to extend the climate and create a sense of ease."

sofa Robinson

Fris tablets, both round and square, continue to be a great option as a replacement for traditional coffee tables. Robinson points to square nesting tables being optimally suited for outdoor use as well. "In smaller spaces, we are seeing a preference for chat & chill, deep seating outdoor dining-space seating if we are unable to accommodate more than one functional space," he says.

Also new for 2012 are beautiful rustic-grade stainless steel furniture frames to create a sleek, glamorous outdoor ambience. "Recessed with a rustic style fabric selection with pops of coal red or yellow, they are bringing a more natural feel to the furniture." Of course, all rustic fabrics – sand, mocha, charcoal, and cream – are still popular, paired with striking accent colour choices, according to Robinson.

For greater design flexibility, homeowners can consider going with rustic, whether it's a flat or rounded weave. "The wicker look is a very organic style that can be seamlessly integrated into outdoor spaces. We are seeing more wicker-style materials paired with a thin, less steep leg to add that sense of glamour to the rustic wicker look."

Garden Architecture & Design loves to encourage the customer experience. They often ask questions such as, "What's the right question to assist customers in choosing an outdoor style that reflects their home and lifestyle. They have specific info on how to best layout your space as well."

"We know it's important to have the background area that you imagine, whether it's lounging by the pool or an elegant intimate space to catch up with friends and family. We love to help our clients

imagine their own unique vision," says Robinson. "With the biggest outdoor show room in western Canada, they're well prepared to do just that."

See gardenarchitecture.ca for more information.

outdoor living

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BY JENNIFER JACOBY-SMITH OF SP SPECIAL PROJECTS

Be a backyard farmer

Our grandparents did it. Now a new generation is discovering the allure of fresh produce just a few steps from your back door. Creating a successful vegetable garden takes some planning, says Vicki Berg from Eddy's Farms and Garden Centre.

It might seem as easy as plucking some seeds

into the dirt, but Berg has several suggestions to ensure success for those starting a garden for the very first time.

Her first recommendation is to do some research. A low internet search can give you the best vegetables to grow in your location. Berg urges novice gardeners to start with easy-

to-grow plants like carrots or lettuce. Higher maintenance plants such as peppers might prove to be too challenging.

Another plant Berg says to avoid is radishes because the little radish veggies are prone to rot maggots for which there are no remedies.

Sometimes first year gardeners are overzealous and they want to try everything. And with no experience, sometimes those plants fail and then they get discouraged.

Once you've armed yourself with a list of plants you'd like to grow, it's important to make sure your yard gets adequate sunlight. Many vegetables will see a reduced yield if there is not enough sunshine. Some — like carrots and potatoes — can handle a lot of shade. Others, like lettuce, peppers and tomatoes, require a great deal of sun and without it, will not produce well, if they need for sunlight at all.

Another caution for gardeners is not math to be the first one with plants or seeds in the ground. In the spring everyone is out planting, but a lot of people don't realize that if the soil is cold and wet the seed is going to rot and then they say there is something wrong with the seed."

Berg says her own garden plants often don't make it into the ground until sometime in June. The same soil and late of sunrise mean the plants catch up quickly.

New gardeners would also do well to do a little digging — literally. Finding out what kind of soil you have is very important to make sure what you plant gets the nutrients and space it needs to produce. Make sure you've got well-drained soil without rocks. If your soil is heavy clay, you'll need to amend it with compost or good top soil.

While you're getting to know the dirt in your garden you might want to test the compo-

tion of your soil. If your soil is too acidic, certain plants won't grow. If your soil has too much nitrogen, your carrots will be all tops and no roots. Testing kits can be purchased at most garden centres. After that you'll be able to determine what type of fertilizer or organic material to mix into your top soil for the perfect growing medium.

To be a good gardener is not the spouting plots your grandmother already tended. While plots are great, smaller, young gardeners still need their yard to understand plot planning and other fun activities, so would-be gardeners have to become creative in finding spaces.

Square foot gardening is a popular solution. Rather than depositing seeds in a row upon row by paths, square foot gardening blocks off a two-foot by two-foot area. Seeds of the chosen plant are then broadcast within that two foot area. The idea is to make better use of the available space.

Vertical gardening involves growing plants — such as cucumbers, beans, peas or even squash — close to a trellis and allowing them to grow vertically instead of horizontally. It can save room when space is at a premium.

Container gardening can also solve space issues.

"The most popular for container gardening is cherry tomatoes, peppers and herbs," Berg says. "Some people do lettuce and sprouts or Swiss chard. Some will get Sweet corn and put it in the centre of a flower pot and fill the rest with flowers."

Gardening requires patience. There are few shortcuts to a successful garden. New after a year or so, start with container gardens. When you're ready, move on to raised beds. When you're ready, move on to raised beds. When you're ready, move on to raised beds. And when you're ready, move on to raised beds. Planning what new things to grow next year!



Creating a successful garden takes patience, but the results can be worth it. Even a small garden plot can have a big yield, if you add a little creativity. Photo: image



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STARTING FROM SCRATCH: From bare lot to beautiful yard

Moving into a brand new home can be an exciting adventure. But it can be disheartening when you look outside and see a yard full of bare dirt. It is a blank canvas waiting for your personal stamp and it can be overwhelming to know where to start to create the yard of your dreams.

Jonathan Alstedt of Alstedt's Landscaping has a few pointers for those starting a yard from scratch:

First, Alstedt recommends homeowners sit down and come up with a clear budget for your yard.

"A lot of people when they're on a budget want to do the pretty things first," he notes. "which may skip over things like a driveway."

Alstedt encourages homeowners to start with what he calls the "bones" of yard — the driveway, patio and irrigation. Once the driveway is in later date, you could end up rip-ping out all the installed irrigation.

"It ends up costing you more money later if you skip on the necessities now," Alstedt says. "Once you have that positioned you should definitely talk to a landscaper and he can give you the best design in terms of plantings."

With so many lot sizes and homes being so close together many homeowners are concerned about privacy. One recent client of Alstedt's faced a dilemma with several neighbors decks overlooking his yard. Alstedt created a smaller upper deck and larger patch of ground level. He added trees along the fence line to create a secluded yard for relaxing or barbecuing.

When thinking of privacy, the best trees are cedar or Swedish aspens. While aspens are similar to poplars, they don't have the same for reaching root system as poplars.

Privacy doesn't always mean planting a tree. It can be achieved with a lattice and a pretty vine — such as climbing roses.

Alstedt also suggests making sure there is adequate room around the bare trees to catch ripened fruit, not just now but also in the future. A small holding plant border may be suitable for when the tree is young, but once it gets established its fruit-bearing branches will hang lower and longer.

If you are getting a bare lot, make sure you're getting a few trees of them if you want them to produce in abundance. You'll get better yields when you plant two of them. That's something to consider when planning your space.

Another consideration with fruit trees is the trees ripened but not eaten. You will need to



When starting your yard from scratch it's important to focus on what Jonathan Alstedt calls the "bones" of the yard — driveway, patio and irrigation. Once those are in place you can turn your attention to plantings and bonus features, such as a fountain or garden.

lot of room around the base of the tree to catch the droppings, otherwise the fruit can ruin your grass. And you don't want to run over the fermenting fruit when you mow the grass.

Leaving with large amounts of space around a small tree can be hard to visualize when room at a premium, but it can save headaches in the future.

He also adds a quick tip when installing lawn: Take a garden hose and wet the yard before laying out the grass so you don't have grass right up to the fence line.

This makes moving the lawn easier and keeps things looking neat and tidy all the time without having to trim the scraggly bits of grass around the fence line.

Finally, quality soil is absolutely crucial for lawn health. Getting low soil may not be the solution. Many times you don't know the content of the soil. It could be full of sand, clay or rocks, making the job of installing your lawn even tougher.



It may be best to get an excavator to remove some of the soil and add builder loam and make sure you get sufficient top soil to establish your grass. To get the best results for your lawn Alstedt says you'll need four to six inches of top soil.

If it is too shallow and your undercutting soil at mostly clay, you or your contractor may have more choices when it comes to putting in sprinklers.

Trying to dig a trench through clay is not something Alstedt recommends.

Hiring a local lawn and yard can be worth the extra expense and effort. You get to enjoy the fruits of your labor with a lush lawn to show off the rest of the world and just relax. As well, when it comes time to sell your home Alstedt reminds his clients, "First impressions are your front yard."



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Welcome the Monarchs with a butterfly garden



BY JEANNIE ARMSTRONG, SP SPECIAL PROJECTS EDITOR

Monarch butterfly populations have been declining for the past ten years, with the most significant decreases occurring over the last three years according to Monarch Watch, a nonprofit educational outreach program based at the University of Kansas.

In its most recent population status report, Monarch Watch noted that the rate of overwintering Monarchs declined in Mexico and the annual count was lower this year and goes on to describe the current Monarch population as "extremely vulnerable."

Dan Boebel is co-founder of Monarchs Forever, a traveling butterfly exhibit that has made several stops in western states. Last year's Grandreene show, Boebel notes that Monarch butterflies could disappear from North America within just a few years.

Factors threatening the Monarchs include climate change. The monarchs cross about seven totally different eco-systems across North America during their migration. Every single one of those eco-systems is changing says Boebel.

Activities like illegal logging in Mexico and the planting of genetically modified crops in North America are eliminating the one natural plant the Monarch relies on for its very exis-

tence—the milkweed plant.

Milkweed is the Monarch's host plant. The butterflies lay their eggs on the underside of the milkweed leaves. The caterpillars which hatch from those eggs rely on milkweed as their only food source.

Milkweed has been eliminated from row crops in North America and replaced that with corn and wheat fields and oilseeds, says Boebel. A prolonged drought in the south west U.S. has also helped.

While migrating from Mexico to Canada, Monarchs travel about 20 miles a day. They have to eat all the way. When they hit these drought affected areas, there's nothing for them to eat. The adults are literally starving to death," says Boebel.

What can families do to protect the Monarch butterfly and encourage its annual migration to Southwestern and other parts of the country?

"It can be as simple as planting milkweed in your garden," says Boebel.

Creating a butterfly zone in your backyard is very easy," says Kelly Liss, manager of Prairie Originals, a nursery specializing in native prairie wildflowers, grasses and plants located

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BREAKING GROUND

The right tools for the job can be the difference between an intermediate landscaping project and one that goes smoothly and efficiently. When it comes to clearing and leveling plots or digging holes for outdoor structures, you need a tool specifically designed to break ground.

ROTOTILLER

A rototiller is a powered garden tool designed to loosen soil prior to planting or to remove the soil during the growing season. Rototillers will break through tough soil and any plant roots. They come in a variety of sizes, and it's best to match the tool to the size of the job. Many homeowners can get by with smaller less powerful models especially if the tiller is only necessary at the beginning of planting season. Professional landscapers or those with large yards may benefit from larger models.

AUGER

Augers, both mechanical and manual, are essentially large drill bits that help move materials from one location to another. Available in a variety of sizes, augers are typically used to cut holes in landscapes and they

are good for post hole drilling, which is part of the process of installing deck footings, digging ponds or other structures. Augers dig holes so it is always smart to have the property surveyed prior to use to avoid damaging pipes, gas lines or buried cables.

CULTIVATOR

Cultivators are similar to tillers in that they loosen soil. Cultivators are effective during the growth period of plants when they can be used to aerate the soil and remove weeds. Cultivators come in hand-held versions and push models, and some are even motorized. Cultivators get close to plants to remove weeds without disturbing the plant. They also are used to site in compost or fertilizer.

Are cultivators and tillers one and the same? No! A cultivator is less powerful and will not tear the soil or stir up the top layer while a tiller will break up moderately hard ground and loosen soil.

When using any tools around the garden, wear the proper protection. This includes dresses to protect hearing when power tools are in use as well as gloves and safety goggles.

In Selbrik, Maribor

"There are two main things you want in a butterfly garden," says Lenk. "Adult butterflies eat nectar, so you want to have nectar producing flowers." She recommends easy-to-grow varieties such as Aster, Black-Eyed Susans, Joe Pye and Lupins.

"The other thing you want in your butterfly garden are host plants. Most species of butterflies have a specific group of plants they can eat. For example, Black Swallowtail butterflies eat plants that are members of the carrot family. Heathens and Goldenrod Alexander as well as carrots, radishes and dill."

Leask says that Monarch butterflies eat different varieties of milkweed (*Asclepias*). "The variety most commonly available at garden centers is *Asclepias incarnata*, commonly known as Swamp Milkweed. Other native milkweeds include Dotted Milkweed (*Asclepias ovalifolia*) and Whorled Milkweed (*Asclepias verticillata*).

Most milkweed varieties prefer full sun exposure. Some types like moist soil conditions.

The best time to direct seed milkweed is early spring or late fall. "They germinate quite

well as the cooler part of the season," says

Leak: "If you plant them a little too late in the spring, or if the spring is too warm, you can lose the seeds where they are and they might come back the following spring."

If you decide to start the plants indoors, Lusk warns that some native varieties need to be sterilized. "They need a cool moist treatment for six weeks." You can do that in your house if you want to start them indoors.

Milkweed is a perennial; each plant has a five- to eight-year life span. "Because they're native plants, they're all super healthy," says ...

Electrolyzed pot ash provides a

Another good choice for a low-maintenance, delicious bullet for Monarchs is also an easy way to beautify your yard. "They're very attractive, offering a variety of beautiful colours," says Lusk. Queen Millicent and Whorled Milkweed both have white flowers while Butterfly Weed (*Asclepias tuberosa*) has bright orange flowers.

If you can't find milkweed seeds at your local garden centre, Prairie Originals offers mail-order service to Saskatchewan. "We get quite a few orders from Saskatchewan, including plants that we shipped last year to Innovation Place in Saskatoon," says Lusk. For more information, visit www.prairieoriginals.com



The best way to support Monarch butterfly populations is to grow host plants like milkweed. Monarch butterflies lay their eggs underneath milkweed leaves, which then become the sole source of food for the larvae that hatch out three to five days later. Photo: Feltus

outdoor living

Take your TV outdoors!

BY TOM EREMONT
FOR SP SPECIAL PROJECTS



An outdoor TV is now the new must-have entertainment option for your back deck. SunBrite TVs, available at Krazy Kiley's in Sun Lakes, offers two lines of televisions for outdoor residential use. Photo courtesy of SunBrite.

You know what would make this deck even better? A big screen TV!

Anyone who's ever sat in a movie theater during a power outage, thanks to a host of products meant to withstand weather extremes and the elements.

People are making these backyard spaces into their homes away from home... says Brad Farmer, manager of Krazy Kiley's on 22nd Street. "We've been seeing additions to yards such as hot tubs, upgraded furniture and kitchen-like cooking areas. It's only natural that homeowners would also want to have their televisions out there, too."

Acknowledging that applies even to our long, cold winter, Farmer responds, "Yes! If I have no problem watching the Super Bowl in my hot tub!"

He says Krazy Kiley's and other retailers are now raising the bar. "You can buy TVs with special coatings and screens that make them protected from the weather and more suitable for outdoor use," he says. "In the height of summer, there's no reason to go inside. Patio and other accessories to go with these."

He adds that ever-improving wireless technology is making that connection simple and convenient. All one needs for swing is a plug-in for the television.

How much one wants to do depends on the budget, but Farmer says, "at the most, I could see someone spending \$7,500 to \$8,000, depending on the size of TV and how much they want to accessorize. This would include installation."

Farmer notes that the trend is relatively new to Sun Lakes, but he envisions it getting stronger as technology brings more improved electronics.



One company bringing such products to the North American market is SunBrite TV.

SunBrite TV was established a decade ago by a group of California entrepreneurs who wanted to enjoy the outdoors while still being able to watch the baseball game, reports Jason Kehler, its marketing manager.

The result was the first television engineered specifically for outdoor use. The company's

products can now be found at over 30 major sports venues, and in numerous commercial spaces or homes across the continent.

We offer two lines of televisions for residential outdoor use," Kehler says. Our Signature Series TVs use soft-field temperatures from minus 18 to plus 50 Celsius. The more durable Pro Series TVs have a built-in heater, allowing them to operate in conditions as cold as -40 Celsius."



More than cold. SunBrite televisions are built to withstand other elements, including rain, wind, dust and even salt.

"The TVs are so durable because we use powder-coated aluminum instead of plastic casing," Kehler explains. Instead of plastic the TVs have glass screens that are brighter and scratch-free. Our Pro Series screens can be viewed even in direct sun light.

SunBrite offers weather proof accessories such as wireless remotes and mounts, he adds. "The mounts are specially designed for outdoor use, less. They're built of heavy-duty materials to withstand moisture and to inhibit rust. The wireless remotes are also waterproof and can transmit full 1080p HD up to 100 feet line-of-sight via an HDMI or an HDMI out port."

Kehler says these specifically designed products are crucial. "Some people think it's just easy to move their TVs and devices outside but it's not. Using your indoor remotes and devices outside could put you at serious risk for electrocution."

Out is a beautiful product built for the elements," he continues. "The TVs will extend your indoor living area and enhance your outdoor space perfectly."

The Signature Series offers four sizes— from 32 to 65 inches—ranging in price from \$1,999 to \$9,700. The Pro Series is available in 32-, 43- and 55-inch models, priced between \$337.00 and \$7,245.

For more information about SunBrite TVs and accessories, visit sunbrighte.com.

Krazy Kiley's has two Sun Lakes locations— at the University D and 22nd Street and now open in the University Highgate Square.

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10 outdoor living



THE BIG COMFY COUCH: Outdoor furniture gets comfortable

BY KIRA DEBERT FOR SP SPECIAL PROJECTS

In summer getting larger in Salt Lake? Well, in past years there was a very small window of time where we could enjoy spending time with friends and family in our backyards.

"Normally," says Brett Casey of Gould Home Renovation, "June to September would have been when it was comfortable to spend time outside in the evening. But now, with the warmth provided by new fire pits and fire tables, that season has been extended to March through November."

A new trend in outdoor furnishings has also turned up the comfort level of backyard decks and patios. "For the past 24 months the trend for backyards has moved drastically away from dining sets and outdoor lattices, towards comfortable chat areas with big, comfy couches that provide a more intimate atmosphere."

Casey says that replacing a big parlor-style sofa with a smaller fire table or the pit "helps to better facilitate the flow of conversation." Fire tables in particular, says Casey, are popular right now because they can eat a considerable heat that is directed to where you are sitting, but the surface of the table stays cool. And you get the added advantage that an open flame often."

Gould Home Renovation has over 32 different models of fire tables available in a variety

of different looks, including solid granite and hammered copper with rustic aluminum tops to fall resin composite tops. The tables are available in several shapes, like square, rectangular, circular and hexagonal.

Even without a dining table, a chat area can still accommodate hungry guests. Casey explains that, "we are finding that people would rather be closer together and hold their plates on their laps than sit at a big dining table. They can also put their plates on the fire table."

To turn the comfort level in your chat area with stylish soles, loveseats and club chairs, featuring either a wicker or aluminum base, topped by big, comfy cushions. Casey says these cushions are nothing like the ones we grew up with. "I think we can all remember cushion that took days to dry after they got wet. Today's cushions are UV protected and SunGuarded with water-resistant liners. If they do get wet, if you need to hose them down, or you need to air dry them off with a cloth, you can do that," he says. "Patented, can be left out in all weather, he says, adding, "Everything is really very durable."

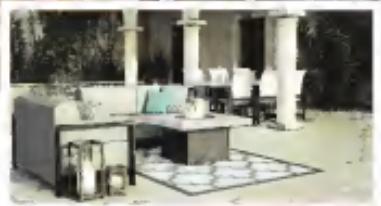
The wicker furniture line featured at Gould's is rated for 50 temperature changes.

Style-wise, Casey says that bright, vibrant colors are on trend this year. Our number

one seller right now is, burgundy but black and white patterns with maybe a lime green accent pillow are also popular. Browns and beiges are still standards, but if you are going to do that, maybe tone things up a bit with a colorful throw pillow." Casey adds that lazy sofas and end tables are also going to be popular this year.

When cooking outside, Casey says that the hottest trend is the compact Big Green Egg, which is a ceramic glazed barbecue that fits onto a workstation or counter top. With the Big Green Egg, you can cook or smoke meat, cook your sides or make baked a dessert. "They come with a lifetime warranty and are available in seven different sizes. From mini to XXL."

Casey believes there are a number of reasons for the remarkable popularity of grilling equipment. "A lot of homes, the family room might be dominated by a big, rustic table which is great if you want to play pool, but maybe not an ideal place to eat. Also, a lot of the new homes being built in Salt Lake have attached basements, and it is cheaper to make a



family area outdoors or on your deck than it is to finish the basement."

Casey adds, "People like living together; outdoors around a fire. Maybe they are easy and have a hard time raising grandchildren with both sides. Either way, you are creating quality time together."

For more advice on creating the ideal outdoor space, visit Gould & Home Renovation at 315 Avenue 15 North or visit www.gouldandhome.com.

BY JESSE GREEN FOR SP MEDIUM PROJECTS

Turn up the wow with bountiful baskets

If the words Superfluous Vista Bubblegum, Elephant Ears and Bougainvillea aren't ringing a bell, it may be time for a trip to Shaughnessy Gardens. The greenhouse and garden centre on Valley Road has built a loyal following for its wide variety of plants, creative border combinations and its distinctive overland planters.

Plant combinations are sold in a variety of containers; the largest is a whopping 20 inch planter. They can fit in a car, but it may be a tight squeeze! Most plants are grown at the greenhouse, and when it opens in May, the planters look as if they've been growing all summer. Customers can enjoy that finished look for the entire season, rather than getting it over the fall and in time for winter up.

Horticulturist Melinda Ross is the manager at Strangeways Gardens and she spends much of the off-season planning the plant combinations. How vigorous a plant is, its colouring, shade preference and many other factors weigh into the selection. Containers can have up five or six different plants. The thriller is a larger plant placed in the middle or towards the back typically a large paddle

A vibrant arrangement of pink flowers in various containers, including a large yellow pot and smaller brown pots, set against a backdrop of green foliage.

like a grass or a tropical plant. Around it will be combinations of spreading and trailing.

Shanahan's Garden is eco-friendly, with the majority of plants and hanging pots being grown in biodegradable fibre pots. Annuals, grown to transplant into pots and gardens, are in pots made of rice hulls which can be broken and thrown straight into the compost.

Toasted peppers and strawberries are popular container plants and are perfect for

the patio or front step. Herbs also do well in planters, and Shoughnessy sells combinations like thyme, oregano and rosemary. Edible gar-

Whether you select a pre-planted container or try your hand and putting a combination together, these tips will help you get the most out of your basket and container plants.

1. KNOW BEFORE YOU GO! When a new landscaping addition going to live? Pick your spot before you shop. You should know how many hours of sunlight the plant is going to get and whether it's morning or afternoon sun. There are great plants for full sun and for shade, so spend some time thinking about these things and you'll get the right information.

2. DRAINAGE, DRAINAGE, DRAINAGE. Unless you are growing a bog plant that thrives in wet, soggy conditions your container needs drainage holes.

3. DON'T SCRIMP ON SOIL. This relates to foot irrigation drainage topic- and it means no using handfuls of soil from your garden! It is too heavy. Use a good quality

potting mix that can clog your soil and promote drainage. You will have a faster growing, healthier plant. This is a bigger. Even if you have good garden soil for years and last that your plants are fine, try some quality potting soil and see the difference.

4. BE WISE - FERTILIZE! Most baskets and planters from Sheehan's Greenhouse will contain a slow release fertilizer. However, it is still a good idea to use a liquid fertilizer throughout the season. Ask about your plant. For example, petunias are heavy feeders and can use a feeding once a week, while others can last for two weeks.

5. GIVE THESE BABIES A DRINK.
We're not talking a modest splash from your watering can, here. Plants need a good amount of water, particularly on those hot summer days. If in doubt: ask at the greenhouse about how much and how often to water your plants.

Straughans Garden opens early in May. The garden centre is located just south of Seaford on 280 Valley Road and online at [www.facebook.com/sraughansgardens](http://www.facebook.com/straughansgardens).

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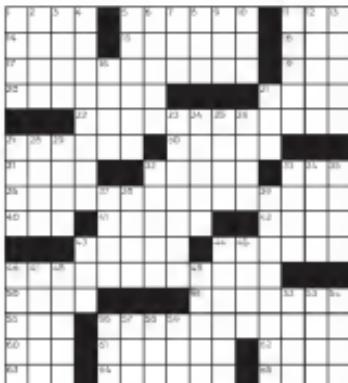
*Select tractors starting at \$2,028 per month. **Offer valid 2/1/15 through 4/28/15. Subject to approval. Installation credit with John Deere Financial. Some restrictions apply. Other special rates and terms may be available. Mower deck not included. See dealer for details and other financing options. Fixed Rate of 0% for the first 60 months. \$1,935 off 2 tractors. Taxes are an additional expense. Interest rate requires the purchase of 2 or more qualifying John Deere or Finco equipment.

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1 Letters on Soyer's rockets
 5 St. French horn
 11 Name, past-tenses
 14 Fifth longest bone in the human body
 15 One keeping the other
 16 Problem on the set except maybe
 17 Mediterranean Gwahar
 18 Starred game
 20 One from biomass encyclopedia
 21 Really digging
 22 Tintin character, again, in restaurant menu
 23 One of the Blaugs
 24 Inter-bliss stuff
 25 Miffed
 26 Miss Leagan
 28 Baldie's
 29 Another mystery: Legs & 29
 33 Friends' surname
 34 Starter
 36 Try to find what's what at a post?
 40 Sound of a lit fire
 41 Brightly formal
 43 This will work
 45 Trickster's brother of Peter
 46 Polygynous
 47 Cypho
 48 cont'd.
 49 Great, incomparably
 for same-repeating
 complex food?
 50 Chingay
 51 City at an extreme
 52 tracks to Happy
 54 Pia Pauro? Pia
 55 I'm not after you
 56 Hi
 57 "Bullock" author
 Morrison
 59 Food ap
 64 Betty Crocker banffy
 65 Sally need



ANSWER PAGE 55

DOWN

13 Dancer until
 20 Hollow space
 23 Clergyman, Bill - shared
 24 Balance sheet heading
 25 Xerxes who hemmed
 "Push it"
 26 Commanded to Perse
 27 Householder
 28 ... To? (19th fl.)
 29 President
 30 The off
 31 Medieval Mens
 32 Rebeld Force
 33 Baggyman
 34 Phoenix's element
 35 It's an anachrony
 36 Rolling ____ (6ch)
 38 Dripping (4ch); first a
 slate, 2nd
 40 Handicapped
 41 Dan Jones' exclusive
 42 Whipped with a bell
 43 ...-ized
 44 ...-er
 45 ...-mained part
 46 Four-almer e.g.
 47 One who never
 changes place
 48 Tear-up or let out
 49 Writer of "The Rose"
 50 Voter's ballot
 51 Local television Guide
 52 Tease degrees
 53 Apply seriously
 54 A tailor
 55 Up
 56 Roll, roll, ... (6ch)

JANRIO CLASSIC SUDOKU

Level Gold

Fill in the blank cells, using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and a sense of elimination to solve the puzzle.

We difficult level ranges from Bronze (easiest) to Silver (Gold) (hardest).

2	4	7	1	6
			8	5
6		1		9
4	1		6	
5		3		8
	8		9	1
1		2		5
4		6		
3	6	4	2	9

Solutions in the next issue (please wait for the Sunday issue).
 Founded Page 29

ASK ELLIE

Neediness is a bigger alarm than a planned absence



Ask Ellie

I've been dating a man for over a month and we're not "official," but it seems that both of us are pretty serious about this relationship.

Neither of us has been pursuing relationships with other people.

But one challenge we've been facing as a couple of schedules: I work first shift and he works second so we don't see much of each other during the week (occasionally, we can meet for dinner).

Workdays while sometimes difficult too, have made up the bulk of our relationship and we've been content.

Earlier this week, he mentioned going out of town to visit some friends for the weekend.

I knew I'd be welcome to come along but I have to roster until this weekend.

He knows I'll have to stay at home, yet he wants to leave anyway. Normally when we have weekend conflicts, we'd have to meet up after his return to town. This time, I'm pretty sure he has to leave.

I'm torn between wanting him to think this group is just Valentine's weekend, I'd want to forego the visit with friends to stay in town with me?

Should I be considering this a hint that he isn't as serious as I thought — or maybe I should be looking elsewhere?

Bad Sign?

A. After only one month of dating an English schedules, it's not unusual to already feel plans for that long weekend (Ottawa to Canada and the United States), despite it includes Valentine's Day.

It is a positive sign that he'd welcome you along.

So imagining negatives from this would be unwise. There's no hint of low interest in you.

The one fact to think about is whether you appear too reliant on him to soon. That's what can drive a guy away faster than a week-end trip.

Q. Per, 36, engaged, here Asperger's syndrome, clinical depression, and severe anxiety disorder.

M. 42 and I decided that as children we didn't care if one of us could attend our wedding. Among my friends and coworkers, even those with older children won't be bringing them. My brother and his wife are expecting before the wedding and there'll be no exceptions. They've made no decision to be close to us. He tells many stories about how he helped me throughout our childhood (he's a cancer survivor).

He won't talk to me about anything, not even when he visits my parents.

However, my family's attempting to ensure

financially manipulate me to make an exception for them.

My parents say that no one in the extended family will come if the infant isn't invited. This includes the only grandparent I've had since age six.

My mother has also refused to attend since our wedding will be hosted free.

This hurts deeply. I've tried to explain things calmly to my extended family. They seem to listen and refuse to take.

But my fiance and I WANT these people to witness our celebration fully (only son). Do I just not invite those that are harassing us?

Harassed Bride

A. Only you can weigh the choices. Most of all you want to be happy and unstressed on your wedding day.

Your family is being difficult, but with a first grandchild there's an emotional rule to their wanting the baby present.

If they follow their threat and don't attend, that could shadow the day greatly for you.

Our infant can be soothed and kept from disrupting things by all of the family around. You could even arrange for a "babysitter" room where the ceremony takes place in case the infant starts fussing.

I'm a girl, 13, who's "scared of opinions."

It started when my teacher asked me a question about a book I was reading. Every one laughed at me.

Though my response was right, I've never raised my hand since. When my brother gave her opinion about a very unusual topic, I changed so much it made me nervous and I picked up my pencil.

I've chosen my words at school and at home because I'm scared to speak my own mind. If no one else says it, I won't.

I struggled to know if I need help but my parents and I just had a hypnotherapy.

I also have schizophrenia in my genes from my father and grandmother but I don't seem to help myself.

Scared

A. Tell your teacher and school counselor as well as your parents that you want help for your anxiety. Tell them all that your fear of opinions is interfering with learning.

GARDENING

EASTER FLOWERS

Will the real Easter lily please stand up!

By Erl Svendsen

While the date for Easter is variable from year to year, we can be sure that spring weather is not far behind. The other certainty is that stores will soon be selling plants to help celebrate the season.

It's no coincidence that most traditional Easter plants actually flower in early spring but in more temperate climates. Two common but very different looks are referred to as Easter or North American or the Easter lily; one is a lily the other a calla lily.

A white lily is the most common plant gracing churches and homes during Easter. In Christian tradition and art it symbolizes purity, spiritual awakening, hope and life. Emerging from a series of tightly folded buds, the lily has also been used to represent Christ's resurrection. Legend tells us that drops of perfume now shed by Christ while in the garden of Gethsemane were miraculously transferred into white lilies.

The Madonna lily (*Lilium candidum*) with its pure white blossoms on sturdy stems, was adopted by 12th Century Christians to represent the Virgin Mary. But because it does not flower at time for Easter under natural conditions, the earlier flowering trumpet lily (*Lilium longiflorum*) has been used since the 19th century to mark the holiday. Greenhouse growers have learned how to trick Easter lilies into bloom at precisely the right time each year by controlling temperature and day length.

When choosing an Easter lily look for plants with flowers in various stages of development (don't buy a bushel of open flowers). Leaves should be dark green, glossy and clinging to the stem. To extend its blooming period, place it in a cool location, away from drafts and out of direct sun. Water only when the soil begins to feel dry. Removing the pollen bearing anthers does two things: it extends the life of the bloom, and prevents the sticky yellow pollen from coming into contact with fabric (like your best shirt). Remove any pollen from clothing with sticky tape rather than trying to wipe it off.



The Madonna lily makes the perfect addition to your Easter lily. PHOTO COURTESY OF MARTIN NABER

GARDENING



Yellow daffodils in bloom signal the beginning of spring. PHOTO COURTESY LAURA BUTTER

In Norway and other European countries, the traditional Easter plant is the *Daffodil*, literally meaning Easter Lily. The *Daffodil* is what we know as the *daffodil* (*Narcissus* spp.). In fact, early *onomatopeia* names for *daffodil* is *easter lily* and *lent lily*. The *daffodil* symbolism relates, hence, to association with the celebration of the resurrection.

It might be surprising to learn that North America's second largest *daffodil* grower is in Canada – Langley Farms (Burnaby, West coast). Farms on Vancouver Island with an annual production of nearly 20 million stems, shipped throughout the world (there're in full bloom) made right now and desperately looking for purchase). There's a good possibility that the *daffodil*s you purchase this spring come from Langley.

Daffodils are available in bundles and should be bought with most of the buds

closed. Stems should be re-cut with a sharp knife and placed in water immediately upon arriving home. For maximum vase life, keep them in a cool location out of bright light. Re-cut the stems and replace the water every two or three days. If you have a mixed arrangement of *daffodils* and other cut flowers, you'll need to keep the *daffodils* in separate vase for a couple of weeks after cutting. Otherwise, the strong alkaline sap that bleeds off the cut ends will shorten the vase life of the other flowers.

This column is provided courtesy of the *Saskatchewan Flower Society* (www.saskflower.com). Check out our website for calendar or directory for upcoming garden openhouse events and other *Kwanzan* flower exhibitions. March 27-29 at the Assiniboia Rose Exhibition (Vivian).



Here to Help

Marissa Weselovski
Art in Residence

Thank you, Marissa Weselovski for encouraging patient and family healing through creative expression at St. Paul's Hospital. Art is a powerful way to foster emotional, social and psychological well-being and it is part of our holistic approach to care.

St. Paul's Hospital

A community of health, hope
and compassion for all



Fostering the healing arts since 2005

EVENTS

MUSIC

Wed., March 23

**Marcion & w/ Mazel and
Presto Cruise**
South Centre,
3313 Thorold Ave.

3-String Fretless
Buds on Broadway,
817 Broadway Ave.

**Jazz Series: Jazz Jam w/
The Brett Baker Trio**
The Basement,
304 Fourth Ave. N.

Brian Del-Spero
Pizz's Pub and Grill,
1403 Myllyfield St. N.

Thurs., March 24

The Rose Grubers
Cocktail Restaurant &
Lounge,
1-227 Pheasant Dr.

Mudness
Buds on Broadway,
817 Broadway Ave.

Roots Series: The Once
The Basement,
304 Fourth Ave. N.

**The Department Heads w/
Frankie McQuane**
Vangela Tavern,
801 Broadway Ave.

Pearl
Station Arts Centre,
701 Railway Ave., 10th Flr.

**Arvin's Hippie in Hell Tour w/
Agora Scream, Black Hell Oil
and Wretched**
Buds on Broadway
8148 Broadway Ave.

**Controversy & Cooking with
Grandma, This Cold Town and
Theives Be Key**
Beaumont Film & Record,
102-220 Third Ave. S.

Fitz, March 27
Penske's Edgars: Beale &



Adam Levine and Maroon 5 perform Wednesday at South Centre. GETTY IMAGES/NEIL PHOTO

TCL Place,
3022 2nd St. E.

RHF Eat
Buds on Broadway,
817 Broadway Ave.

**Piano Man: Neil Giraldo
Guitar Series: Bob Evans**
The Basement,
304 Fourth Ave. N.

Billy Bob
Army & Navy Club,
355 First Ave. N.

The Stranahan Trio
Mickally Restaurant,
3030 Eighth St. E.

Ben McConnell
Tean Tawh Tavern,
3330 Fairlight Dr.

Liam O'Brien
Edmonton Senior Citizens'
Centre,
1033 Fairview Dr.

The Dead South
Capitol Music Club,
344 First Ave. N.

**Unusually Devoted w/ La-
vegant and Good Enough**

Antiguo Camino,
601 Dufferin Ave.

**The Seedkeepers w/ Hash
Pap and Fuzzy Wuzzies**
Vangela Tavern,
801 Broadway Ave.

Lost Cell
Stan's Place,
106-110 Ruth St. E.

**These Colours Don't Run w/
Mandrill Vela, Desirer**
auditorium of Auger
Theatre Return,
3348 Broadway Ave.

Pub Crawl
Peggy's Pub and Grill,
1403 Myllyfield Dr. N.

Sat., March 26

RHF Puff
Buds on Broadway,
817 Broadway Ave.

Piano Saturday: Meesies
Drouin
Harley Card Quartet
The Basement,
304 Fourth Ave. N.

BBQ Walk
Army & Navy Club,
355 First Ave. N.

Lady Hawklie
Nutana Legion,
3021 Louise St.

Latin Night: Salsaciones
Rhythms
Downtown Legion,
600 Spadina Cres. W.

Lindsey White
McNaull Restaurant,
3100 Eighth St. E.

**Dante Argento w/ Rick Dadd
and the Horrifics, Wreckie,
and Rick 'M' Brown**
Antiguo Camino,
601 Dufferin Ave.

**Things We Never Did It: Both,
New Wave and '80s & Night**
Vangela Tavern,
801 Broadway Ave.

Revenge of the Trees
Capitol Music Club,
344 First Ave. N.

**Spring Dinerama Cabaret:
The Kharma**
Cassio Service Centre,
801 10th St. E...

**March Showcase: Jendy
Hansen, Kneecocks, The
Puppets and VENMO**
The Underground Cafe,
430 20th St. W.

Last Call
Stan's Place,
106-110 Ruth St. E.

Blue Collar
Peggy's Pub and Grill,
1403 Myllyfield Dr. N.

Sun., March 27

Akkordeon Jam
Buds on Broadway,
817 Broadway Ave.

OK Go w/ White Arrows
Loew's Pub
93 Campus Dr.

Tues., March 29

Sidney Roberts
Buds on Broadway,
817 Broadway Ave.

ART

Bigger Museum & Gallery
Until March 26 at 100 Third
Ave. W. In Bigger Works by
members of the art group
that meet every Wednesday till
the gallery.

Eye-allery
Until March 27 at 111-113
College Dr. Persephone Grouard,
photographs by John Ferrell

SDYOM Art Gallery
Until March 27 at 201 Third
Ave. S. The Spring Show by Art
Quest. Reception: March 25
5:30 p.m. to 8 p.m. First solo
show by Trevor Martin, March
30 until April 11. Reception
April 12, 2 p.m. to 5 p.m.

EVENTS

Mendel Art Gallery

Until April 2 at 950 Spadina Cres. E. The gallery spaces are closed for installation of the spring show. Sneak peak of the new exhibition, presented by Wanda Mantooth, April 1, 7 p.m. Spring exhibition, April 3 until June 7. The Fifth World with works by Indigenous artists, School Art, and the RAC Art Gallery Artists' membership exhibition, with work by Gee Gibson, who was honored by Terry Gillings. The gallery will be closed June 8.

Humboldt and District Museum and Art Gallery

Until March 31 at 101 Main St., in Humboldt, Saskat. A Local Perspectives exhibit by the Saskatchewan Potters Guild.

390 Design Group

March 22, 5 p.m., and March 29, 10 a.m. to 5 p.m., in the lower level at 390 Ave. G S. The Spring Show features new works by M. Craig Campbell, Paula Cooley, Dale Heeks, James S. Korean, Daryl Richardson and Ken Williamson.

Kehrig Fine Art

Until March 26 on the eighth floor of the Desbarats-Hotel. Modern-animal sculpture and acrylic paintings by Adrian Golben and contemporary oil portraits of landscapes and animals by Sean and Paul Francis.

Rekka MP Upcycled Art Show 2015

March 28, 7 p.m. at Atheneum Clothing and Salons Then. Fourth annual Upcycled art show. This year's theme is into the wild.

Pearl Arts

Until April 25 at 446 20th St. W. Valley View Inn by Alison Moore. A collection of panoramic video landscapes over multiple screens. A film of "Pearl New Waves," a membership program, runs until March.



Wonder Woman by Chris Fischer is on display at the Gordon Shantz photo gallery.

New Visions Works by M.

Shao, Ohta, Tkachenko, Yavu, Wessaga and Yoko Yawaji, curated by Judy Poliwczuk.

Gordon Shantz Gallery

March 30 and April 11 from 10 a.m. until 4 p.m. at the University of Saskatchewan's Murray building. Various media works by Chris Fischer. Reception April 2, 7 p.m.

Mythic Java Art Exhibit

Until March 31 at 2020 Eighth St. E. motherdaughter show and sale. Watercolorists by Helene Lensen McKey and photographer Emma McKey.

Beech Art Collective/Horne

Until March 31 at 2109 31st St. W. A collection of landscapes and stills by Debbie Rungel.

House Art Supply

Until March 21 at 1118 Lorne Ave. in the gallery by Jeann Dudley. An exhibition by Geebo Gibson.

CAR SHOW

APRIL 3 & 4, 2015

(GOOD FRIDAY & SATURDAY, EASTER WEEKEND)

PRAIRIELAND PARK - SASKATOON, SK

10:00 AM TO 10:00 PM

Presented in support of:

Hot Wheels

First 1000 cars enter
and get a FREE Hot
Wheels car provided by
Draggin'陕北 and Custom Club.

Keep Canada Safe

RANGERS
1000 RANGERS
1000 RANGERS
1000 RANGERS
1000 RANGERS

MAINTENANCE
1000 MAINTENANCE
1000 MAINTENANCE
1000 MAINTENANCE
1000 MAINTENANCE

FFUJ MOTOR GROUP

Great Canadian Oil Change

For further information visit
www.dragginsask.com

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EVENTS

Centre East Galleries

Until April 12 at the Centre
Display by the Scale Modelers
Association of Saskatchewan in
the Royal, Jas., Amber, Sienna
and Terra Cotta galleries and
display by the Saskatoon
Public Schools in the Madison
and Indigo galleries.

AKUA African Art

Until April 25 at 436 20th St.
W. Interior Letter (Opposite) by
Belkett Tofte

Western Development Museum

Through April 2015 9:30 a.m.
Lorne Ave. Bld. Bort Traveling
Exhibit. In partnership with
the Royal Saskatchewan
Museum. A 92 million-year-old
crocodile skeleton brought
back to life through 3D imaging.

FAMILY

Play and Play
Sunday, we'd-sleep
and Thursday 9:15 a.m. to
11:15 a.m., through April. For
children up to age five. Semi-
structured crafts, snacks,
story time, toys, activities
at playandplay.saskatoonsocial.ca/. Visit the
Facebook page.

Alphabet Sesame in Motion
Wednesday, until April 29,
9:30 a.m. to 10:30 a.m., at
Albert Community Centre,
640 Clarmen Ave. We, April
29. Presented by Comexis
Credit Union. A free family
program for parents with
preschoolers. Stories, active
rhymes and songs, movement
and simple music education follow. Pre-registration
required as space is limited.
Register at READSaskatoon.com or 306-663-5448.

**Saskatoon Strong: More &
Baby Fitness**
Wednesday until April 8, 2 p.m.
A mom and baby indoor
exercise class. Participants
are welcome. Registration
and information at saskatoontrong.com/more.html or
com/saskatunstrong/trng.



Children's educational craft will feature at TCL Place on March 29 at 2 p.m. THE CANADIAN PRESS/FILE PHOTO

Pus' Factory Indoor Play-

Gym at 16330 Quebec Ave.
A parent indoor playground
for young children. Adults
and children under one year
are free. There is a separate
seminar room for children
under two in area for children
under two.

Children's Play Centre

Just by Lawson Heights Mall.
A fun, safe, environment for
preschool children to play.
Please note this is a non-
adults only zone and adults
must stay with and supervise
children at all times.

Stars and Scrollers

Wednesday, 7 p.m.-10 p.m.
Centre Cinemas In The Centre

Choice of two movies each
week. A baby-friendly atmosphere
with low lighting, a quiet
dimmed lighting, a cheese
table and smaller parking in
select theatres.

Market Mall Children's Play

Centre just off the food court
at Market Mall. This play area
is free and has different level 1
sites. Children must wear
socks in the play areas.

Spodobee Indoor Playgroup

Thursdays, 9:30 a.m. to 11:15
a.m., through May, at Em-
manuel Baptist Church, 1636
Acacia Dr. Parent-supervised
playgroup for kids up to age
five. A bounce house and toy

for kids designated infant.
play area, coffee/tea for par-
ents. Registration an annual
membership is \$200.00@
spodobee.ca or their Facebook
page.

City Clubs and Play

Daily 10 a.m. to 6 p.m., in Ray
4 of 499 Southdale Way St. W.
In Wanuskewin, Saskatchewan's
newest indoor playground.
For children up to age 12. Visit
cityclubsandplay.com/ or their
Facebook page.

Pop-a-Pop

Thursdays until May 29, 9:30
a.m. to 11:30 a.m., at Kinrade
Alliance Church, 310 Pechey
Cres. For children and their
parents. Monthly themes,
learning centres, snacks and
occasional speakers. Informa-
tion at [@operaop.ca](http://operaop.ca).

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15
a.m., and/or Saturdays, 10:30
a.m. to 11:30 a.m., at Yoga Life,
2-11 Third Ave. S. Classes
taught by Nina Zettli. For mothers
and their toddlers ages one to five. Introduce your
toddler to the world of yoga.
Classes include postures,
poses, meditation, relaxation,
play and fun. Call 306-665-4855 or email
Yoga@yogalife.ca for more
details. Instructor at yogafranklin@gmail.com,
306-381-8823.

BreathHealing.Cafe

Thursdays, 10 a.m. to 11:30
a.m., at Westhills Primary
Health Centre, 231 Main St.

Do a drop-in support group
for breathwork. Classes will
be facilitated by a lecture/consultation with a
breathwork consultant with a
broad educational presenta-
tion, and three interactive activi-
ties with the other members.

Shop 'n' Scroll

Fridays, 9:30 a.m. to 10
a.m., meet in front of Customer
Service at The Mall at
Lawson Heights. A great
outdoor activity of power walking,
body-acculpting moves using
aerobic tubing and a stretching
routine for parents and babies.
Preregister at shopnscroll.com.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

fitness.com. No classes on
stat holidays.

Movies for Minnows

Thursdays, 7 p.m., at思维
Cinemas In The Centre.
infant friendly environment
with reduced sound, change
tables, bottle warming and
stroller parking.

Baby Talk at SPL

Fridays, 10:30 a.m., at Alcan
Human branch, Mondays,
10:30 a.m., at Century King
branch and 10:30 a.m., at
CDW Wright branch. Half-hour
meeting with other parents.
Bring along a baby if this
meets with your interests.

LULU Saturday Evening Series Meeting

The last Friday of the month
through April, 9:30 a.m., at
1915 Forest Dr. The topic is The
Adolescent and Family. All welcome
to Men's and Family Day. Women
are invited to participate.
Instructors are also welcome.
Dads and partners are also welcome.
Call 306-665-4855 or email
lkusakoski@gmail.com.

Primal Partner Work-

shops: Yoga for Children
Saturdays, 1 p.m. to 4 p.m.,
at Birth Rhythms, 348 Third
Ave. S. Workshops are for
adults. Learn various tools
and techniques to help you
through labour and delivery.
No previous yoga experience
is required. Classes are six
weeks. Register at frankiefrankieyoga@gmail.com,
306-361-6652.

Pilates Workshop

March 29-30, 9 a.m. to 4 p.m.,
at McEwan Valley Centre,
470 3rd Ave. S. Discover
facts about pilates, do a
scavenger hunt, play pilates
games and make a pilates
workout. For all ages.

Kid Yoga Classes

Ages 3 to 6 years old on Sat-
urdays, 11:30 a.m. to 12:30 p.m.,
at The Mall at Lawson Heights,
Montgomery, 10 a.m. to 11:15 a.m.,
at Yoga Life, 2-11 Third Ave. S.
Classes taught by Nina Zettli.
Help kids regulate emotions,

find focus, relaxation, self-
awareness and inner fulfill-
ment. Physically helps with
balance, strength, flexibility,
coordination and body aware-
ness. Classes are six weeks.
Register at frankiefrankieyoga@gmail.com

Prana Family Fun

Sundays, 2 p.m. to 4 p.m., at
the Mindful Art gallery, 100
St. Pauline Dr. For ages four
to 12, accompanied by an
adult. Art-making activities
led by gallery artists. Supplies
are provided.

Music

March 29, 3 p.m., at TCU
Place. The Canadian singer-
songwriter performs music
for children. Tickets at
306-975-7799; tickets@tcu.ca.
Proceeds benefit the Centre
for Child Honouring.

Moos and Baby Yoga

Mondays, 11:15 a.m. to 12:30
p.m., at Yee Luf, 2-11 Third
Ave. S. Classes taught by Mele
Zettli. For mothers with babies
as young as six weeks. Yoga
and stretching your body.
Learn how to use meditation
tools and explore breathwork.
Classes are six weeks. Register
at frankiefrankieyoga@gmail.com.

Primal Partner Work-

shops: Yoga for Children
Saturdays, 1 p.m. to 4 p.m.,
at Birth Rhythms, 348 Third
Ave. S. Workshops are for
adults. Learn various tools
and techniques to help you
through labour and delivery.
No previous yoga experience
is required. Classes are six
weeks. Register at frankiefrankieyoga@gmail.com,
306-361-6652.

Prenatal Yoga

Mondays, 12:30 p.m. to 1 p.m.,
at Prairieayoga, 100 10th
St. S. Beginning to intermediate
yoga designed to help with
postpartum recovery. Baby
friendly class with a certified
yoga teacher suitable for four
weeks. Register at prairieayoga.com; no class
on stat holidays.

Canadian Light Source

[CLS] Public Tours
Mondays, 10:30 a.m. at the Can-
adian Light Source, 44 Innovation
Circle. The Canadian Light Source
is a public facility. Registration is
required. Call 306-651-3544;
amir.sarrouf@canlightsource.ca
or visit canlightsource.ca/public_tours.php.

EVENTS

Private yoga

Mondays, 8 p.m. to 9 p.m., at Pregnancy and Parenting Health Centre, 201 Third Ave., taught by a doula and certified yoga instructor, is informative and safe for any stage of pregnancy. Call 306-259-2443 or email info@yoga4all.com. No class on stat holidays.

Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace Westminster United Church, 1000 Byng St. This playgroup, run by parents from our community, a group of families headed by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNauly Robinson, 3380 Birch St. Story times ages three to five. Call the Castle of Trees. Call 306-555-1477.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help to design, develop, create, plan, test, and troubleshoot on an STEM environment. Get information on engineering for kids at engineeringforkids.ca/ or 306-978-4188.

FRICKLES & KICKLES Preschool

Regular after-school programs, preschool classes and camp for kids of all ages at various locations in Saskatoon. An atmosphere where children can learn through creative play, games and fun featuring LEGO bricks. Visit fricklesandkickles.com or call 306-972-2765.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskpubliclibrary.ca/10166.

* SPECIAL EVENTS

Saskatoon Farmers' Market Open every second Wednesday and Sunday, 10 a.m. to 3 p.m.,



A large sign-up sheet in Saskatoon's GardenScapes which placed this year's best in Show in Franklin Park

and Saturday 8 a.m. to 2 p.m., Sunday 10 a.m. to 4 p.m.

Beaded Art 10 a.m. to 5 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonsunflowermarket.com. Contact 306-384-6283; saskbeads@sasktel.net.

Beepin' Bazaar 10 a.m. to 3 p.m. at St. Paul's United Church, 3205 Eighth Ave.

Clothing for babies, children, men and women, and jewelry. Funds raised support the Uthmanova project.

Mayfair Carpet Show Wednesdays, 1 to 5 p.m.

Meetings for carpet beginners and experienced players are welcome. For information call 306-681-2188.

Literature Matters Talk

March 23, 7:30 p.m., at Grace-Westminster United Church, 505 10th St. E. Literature and the Atomic Bomb by Ursula Basch.

30th Annual Vegetarian

Banquet March 26, 5:30 p.m., at PrairieFest Park. Presented by the

Hindu Society of Saskatchewan. Guests of honour are National Chair of the Assembly of First Nations Perry Bellegarde and Chharmay Mission's Swami Shriyananda. Indian vegetarian cuisine and live entertainment. Tickets at 306-679-4466, 306-384-4882; prairiefest.com. Ticket deadline is March 20. Funds raised support Sri Sri Lakshminarayana Temple.

Carpet Bowl

Thursdays 12:15 p.m., at Nutana Legion Hall, 3020 Louise Ave., Nutana. City of Saskatoon Citizen's Association. Lunch and coffee are available for a fee.

Lap City Five and The Natives

March 26, 7 p.m., at Elm Church, 419 Elmette St. Featuring artists with the Native Homecoming concert. Tickets at Scott's Paradise Christian Stores, 865-995-1909 or online at lapcityfive.com.

Lap City

March 26, 7 p.m., at the Sheraton Cavalier, 612 Gladstones. A night of comedy, food and unique experiences. Headlining lineup includes: lapcityfive.com.

Precede's support the work of R&D Saskatoon

Comedy Night

March 25, 7 p.m., at Capital Music Club, 264 1/2 11th Ave. N. Featuring Korean King. Admission at the door.

SIFC Dances

Thursdays, 7 p.m., in room 13 of the SIFC Building, 100 1/2 Clarence Ave. St. Saskatoons Inter-Scholastic Folklore Club. Learn dances from many countries around the world. First night is free. Visit sifcwebpage.com.

Baking Hope Benefit Concert

March 26, 8 p.m. at Coors Sonora Centre, 514 1/2 St. E. Featuring B.C. Read, Jay Semko, Thee Seokyone and Ken-Maine. Tickets at the door. Funds raised support Hope Cancer Help Centre.

The Brain and the Body:

Making Connections in Understanding Contemporary Memory

Thursdays until May 28, 7 p.m. to 10 p.m., at Free Flow Dance Centre, 226 22nd St. W. Produced by the Free Flow Dance Theatre Company. Free

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

community dance workshops for ages 17 and up. Instructor are Shannah Hobson and Jackie Lantos. Details and registration to attend any or all of the workshops. Information at freeflowdance@hotmail.com

Adult Canine Painting Class March 28-29, 6 p.m., at West Point Pottery, 3300 Eighth St. E. For ages 16 and up. A step-by-step class in acrylic painting. The artist is Heather Your Head. Register at 306-372-3219.

Saskatoon Gem and Mineral Show

March 28-29 at Heritage Inn, 102 1/2 Cardinal Cres. Presented by Silver Cove, Showwest, Rockhounds, Minerals, Fossils, Jewelry, beads and crystals. Information at silvercove.biz.

All You Can Eat Veronnyz (Perogy) Supper

March 27, 3 p.m. to 7 p.m., at Ukrainian Orthodox Cathedral Auditorium, 264 1/2 11th St. W. Includes dessert and a beverage. Meat and vegetable rolls are available at extra cost. Admission at the door.

WOB Youth Poetry Slam Final

March 27, 7:30 p.m., at Louis Tosp, 102 campus or Hosted by West End Arts Council. The theme is "Stomping Grounds" and will be a chance to compete in Ottawa at the national youth poetry festival. Admission at the door.

Search Andresiuk Foundation Spring Fundraiser

March 27, 7 p.m., at the Alberta Central United Church, 1100 10th St. W. An evening with prizes for best-dressed. Feature meal is Habit. Tickets at picnic.com. A 19+ event. Proceeds will support local charities.

Free to Learn: Women's Leadership Conference

March 27-28, 8 a.m.-4 p.m., at 127 Main Street, Hwy. 1000. Hosted by Horizon College & Seminary. A conference to inspire, equip and empower Saskatchewan women leaders. Featuring

speaker Leanne McAllister and several workshops. Tickets at events.ca.

Grand opening

March 27-29 at Fernland Park. Presented by Saskatchewan Blue Cross Foundations, Sockeye Wildlife's exhibit an animal species, Canadian Oriole Congress, trade shows and marketplace with barbecue-decor, plants and flowers, featuring guest speaker, a former Olympian, Horticulturalists into action, aurora and column. Tickets at productspaperworks.ca or at the door.

30th Annual Canadian Oriole Congress

March 27-29 at Fernland Park. The 30th Annual Oriole Congress in the Rainwater Orchid Society, in conjunction with Generation 2015. With regional vendors from Thivay, Essaier and Canada. A judged national show with displays of alerts and art, educational presentations and workshops. Grandopening admission at rainwaterorchidsociety.ca.

Westside Community Center Clothing Depot

Saturday, 10 a.m. to 4 p.m. at 201 Franklin St. Free clothing for all ages, free bed bugs from local companies, free bags of clothing, food, sewer supplies and more. Information at 306-222-1732.

Walk-Live-Class Demo

March 28, 12:30 p.m., at Prairie gelic church, 3102 Learner St. Walking provides mental health benefits through exercise, social support and bone strengthening. Information at 306-328-9500, andy.walklife@outlook.com, or Facebook. Classes start at 10 a.m.

Easter Tea and Bake Sale

March 28, 1 p.m. to 3 p.m., at Prairie gelic church, 3102 Learner St. Easter Tea and Bake Sale. Presented by the LWML. Olive Kolyanovna Brinch. With door prizes, raffles, perks and lotsa. Admission at the door.

EVENTS

Tradies and Treasures

March 26, 10 a.m. to 3 p.m., at Connoisseur Centre, 614 11th St. E. Home decor, jewellery, pens, accessories, tea, candles, clothing, health and beauty, and crafts. With local craftspersons and home-based businesses. Admission is free.

Katara Tea and Makis Sale

March 26, 1 to 3 p.m., at St. George's Cathedral Auditorium, 208 Ave. M. South Hosted by St. George's UCCW. Featuring Easter breads, baked sale items, sausage, pastries, coffee rolls, Pusky, raffles and door prizes. Admission at the door. Tickets are included.

Third Annual Hukka Trade & Pink Gala

March 26, 5:30 p.m. to 11 p.m., at the Dawson Cultural Centre, 180 Dartmouth St. It's an evening to celebrate and support the Hukka Trade & Pink program. Sipper, speakers, live music by various artists, silent auction, balloon-pink nail bar and 50/50. Tickets at website even-

Houghty Bingo

March 26, 7 p.m., at Pine Tree-Dance Centre, 224 25th St. W. Presented by Pine Tree and Rosebudz Burnette. Guest bingo callers, jazzy sounds, continuous contests and a half-time show. Admission at the door. Tickets at [houghty.ca](#).

PKA Film Fundraiser

March 26, 7 p.m., at Sokaten Christian School. A coffee and inaus基金 for PKA - A Community featuring the dual winners Brock Fehren and Denise Wall. With The Caween Wanns, Sister Silvia and This Old Town. Tickets at [tkts.ca](#). or at the door.

Dinner Extravaganza

March 26, 7:30 p.m. and March 29, 2 p.m., at Royalway Theatre. Presented by the Neweras Sounds Glee Club. Songs from Frozen, The Lion King, The Little Mermaid, Hercules and Toy Story. Tickets at [piketickets.com](#). 306-262-6554.

Saskatoonian Celebration

March 26, 7:30 p.m., at TCU Plaza. Saskatoon Symphony Orchestr-

iae a Masters Series. Featuring sopranoist Barard Weber, soprano Danika Loren, baritone Nathan Bentz, guest conductor Eric Pekka Salonen, Canadian Singers and University chorus. With works by Pithy-Plog, Clinton and Faure.

Slow Food Salon

March 26, 1:30 p.m. to 3 p.m., at The Local Coffee Bar, 167 Third Ave. A conversation salon, an engaging gathering of people who share a passion for ideas. The topic is Tales of Items Made. Members share stories of their pilgrimage to the Slow Food International conference in Italy.

Flair

March 26, 2:30 p.m., at Wellness Civic Centre. Presented by Wellness and Arts Arts Council and stars for Sokatenheewin. The evening includes two performers. With coffee and coffee. Admission at the door.

Tonight It's Poetry

March 26, 7:30 p.m., at The Woods At Home, 148 Second Ave. N. Poetry Slam featuring Miss Clark.

Jazz Vespers

March 26, 7:30 p.m., at St. Anna's Church, 211 Lanes Dr. Presented by The Sokatenheew Arts Society. Led by Father Lawrence Delhant. With musical performances by Toronto's Harley Clark quintet. Donations at the door.

Trans Flag Raising

March 26, 12 p.m., at Convocation Hall at the U of S. Celebrating Trans Awareness Week, which runs March 20 until April 3. A short presentation will be held in the hall, with speaker Gordon Kershner. Everyone is welcome.

Port Luck Supper

Last Monday of each month at Nelson Legion, 301 11th Avenue. Hosted by the Nelson Senior Citizens Association. Bring food for the potluck. Admission at the door.

GFFI Spring Farmers' Market, reticent, recreational, and festive. Tuesdays, 11 a.m. to 6 p.m., in the basement of Grace-Westminster



Her Courses Go Bananas until March 29! The Review, [mynextmove.ca](#)

United church, 501 10th St. E. Offering a variety of freshly produced food, clothing and accessories from India, pet products, baking and ladies' clothes. New vendors welcome. [www.indianflea.ca](#) or email gaudia.lamontson@shaw.ca.

Pusky Party

March 26, 9:30 p.m., at Station Arts Centre, 701 Railway Ave., in Northam. One-night Musical Comedy writing workshop for all ages. Each child must be accompanied by an adult. Register at 306-232-1932.

Saskatoon Regional Science Fair April 10, 9 a.m. to 11:30 a.m., at the U of S Education Building. Students from grades 3 to 12 present their scientific achievements while com-

peting for cash prizes. Students can register at [www.usask.ca/fair](#) until March 31. Registration is free.

Carsy Night

March 26, 7:30 p.m., at Plaza 2 Pub and Grill, 1021 10th Street W. With DJ Casy.

Bands Signing at McNally

Regular book signings at McNally Robinson, 2320 Eighth St. E. For schedule and information visit [mcnallyrobinson.com/booksigning](#).

English for Employment Class

Hosted by the Sokatenheew Arts Society. Improve English grammar, pronunciation and communication, and learn what you need to find work in Saskatchewan. Information or registration

at 306-239-4331, 306-833-4404, 306-330-4324, [husprg@sasktel.ca](#), saskprg@sasktel.ca.

THEATRE

Discovery Festival

March 27-28 at Studio 114, 914 20th St. W. Presented by La Traversée Jeux, SNTG, Dwelling Sky Theatre, and Sokatenheew Playwrights Centre. The first night is *Françophiles*, featuring playwrights' works in progress. The second night is re-staged, with an intermission break highlighting the Spanish language. Tickets at 306-667-1221, [la-traversee.com](#).

The No-Nos

March 27, 8:00 p.m., at La Relève, 304 Fourth Ave. N. Improv comedy troupe performs. Admission at the door.

Carson Boy

Until March 28 at Greystone Theatre, in the U of S John Mitchell Building. A tale of two orphans at the Cossen Hospital for Foundling Children. Toby, saved from an African slave ship, and Avery, the abandoned son-of-the-harlot, to a great estate. With music from Hendrix's *Machine*, performed by a live choir. Tickets at 306-966-1986.

Well

Until March 29 at Persophone Theatre, 2600 10th Street W. Based on a true story. Kanya wins her job as a second-tier bank teller to see off her dying Aunt. Only to find that Grace seems to have no intention of going anywhere. Tickets at 306-261-1727, [persophonetheatre.org](#).

Two Corpses Go Dancing

Until March 29 at the Starkey Theatre. Presented by Live Entertainment by Uncle Wendy Productions. Adapted from the short story by Isaac Babel. A dark musical comedy of two Armenian souls, Ishai and Pashik, brought back from the grave to be a demon to reclaim their former lives. Tickets at 306-453-5119, [ontheartstage.com](#).

Want to start your own community service delivery? Ingrid Juelius writes a profile of a grantee organization. Submission deadline is two weeks before the event date.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McLean creates a timely illustration meant to please kids of all ages.

Children can colour the page here a picture taken with the finished product and email it to tinyurl.com/lolcolorphoto. One winner will be chosen each week.



Last week's contest winner is
Macy Westgard.
Thanks to everyone who
submitted entries.



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SHARPEATS

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 Email bridges@thestarphoenix.com
 or visit Bridges on Facebook

SASKATCHEWAN FOOD SCENE

Prairie-grown quinoa perfect for baking



Quinoa pumpkin muffins are high in protein and low in carbohydrates. ANNEQUES PHOTO BY MARIELE RENDA

By Jenn Sharp

Quinoa isn't a traditional grain to grow in the prairies, but a family from Regina has developed a variety that thrives here and is now sold across the country.

Joe Dethlefsen and his family started growing quinoa on the prairies more than 20 years ago. "Before it was popular," says Bechtel Gumm, Joe's daughter-in-law.

Regina's quinoa is a different type than the typical South American rice sold here. Regina's golden grain has a strong nutty flavor and is

high in protein and carbohydrates.

It's a result of Dethlefsen's breeding program, specifically to produce a disease-resistant, drought-tolerant grain that's adapted well to Canadian soil.

Regina's quinoa grows to twice the size of its peers here in the north where it's cool and dry, which is then processed in Saskatoon. Quinoa flakes, pasta, tortilla and the whole grain and a crispy puffed product are available at the retail location at 3805 Miller Ave. in Saskatoon.

Quinoa is a complete protein source and provides all nine essential amino acids. The versatile grain can be used in everything from salads to cookies. Gumm likes using it for muffins too. "It's great to add to a study texture like experimenting with it a lot," she says.

She sells quinoa almost every six weeks," says Whittington.

Many of her customers of the farm-to-table scene are after looking for something healthy and local. The nutritionists are in on quinoa fruits.

Whittington also operates the Prairie Pantry attached to Riverfront's deli inside the market. When a new product is for sale at Prairie Pantry, the kitchen next door provides an ideal way to show customers what they can make with it.

Sheri Backley, who works at the Prairie Pantry, has Celiac Disease and says Regena's products have been a blessing. "The fact that it's a 26%

whole-grain company makes it that much better."

"Locally is the new black. You should see how many baked goods you can make with that," she says.

In addition to the Prairie Pantry, in Saskatoon, to the farmers' market, Regena's products are sold in several grocery stores, such as Co-op, along with Eat Healthy Roots in Regina.

For other store locations, along with recipes for using the quinoa, go to www.guhana.com.

SHARP EATS

GRACE'S QUINOA PUMPKIN MUFFINS

Grace Whittington adapted this recipe to use less flour than the other ones in the recipe she found. She likes reducing the flour as it results in a lighter, fluffy texture.

Makes 16 small muffins or six jumbo muffins

INGREDIENTS

- 2 ½ cups all-purpose flour
- > 1 ½ cup Morgan's quinoa flour
- > ½ cup granulated sugar
- > ½ tsp salt
- > 1 tsp baking powder
- > 1 tsp baking soda
- > ½ cup brown sugar

2. Mix wet ingredients together.
3. Add wet ingredients to dry and blend until no lumps.
4. Spoon into muffin cups. Top with some pumpkin kernels.
5. Bake at 375° F for 30 minutes for small muffins or 30 minutes for jumbo ones.



Quinoa flour. (REUTERS PHOTO BY MICHAEL REIS)



Quinoa pumpkin muffins

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Sunday, April 6 at 2 p.m. Bunny Buddies

Celebrate the holiday with your own bunny creation.

Sunday, April 13 at 2 p.m. Needing Workshop for Youth and Adults

Investigate neural architectures through mixed media and collage with Artists by Artists educators Terry Bellinger and Dee Gleeson. All skill levels welcome. Materials provided. Call Central at (306) 375-0144 to register.

Sunday, April 19 at 2 p.m. Public Reception for School Art 2013

Join us for celebration and refreshments, then build School Art World Hats for Earth Day after the reception until 4 p.m.

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The 10th annual
Discovery
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March 28

RECIPES

Green veggie pumps up pesto base for these pizzas

By Ellie Krueger

Those easy veggie salads you eat on the side you might think you know pretty well... basil and pasta... essentially hitting the "refresh" button on them.

Whisking basil in a food processor with a generous handful of fresh basil leaves, some good cheese and olive oil gives the standard everyday vegetable a moment of glory as a flavorful seasonal-green pizza. It's delicious to toss with pasta served on sandwiches or serve with crusts left over to use as the base toppings for a pizza that upgrades your night of what a pie can be.

This is not the usual ham-and-mozzarella variety that all too often is laden with grease. There that generous basil pesto is spread onto whole-grain focaccia, sprinkled with cheery sun-dried tomatoes and topped with an egg that cooks to runny perfection as the whole thing bakes and the crust crisps.

You wind up with satisfying or

divided pizzas that are a breeze to whip up for a crash head dinner: They have a freshly appealing look and taste, and they're good for you, too.

Flatbread Pizzas with Broccoli Pesto, Sun-Dried Tomato and Egg

Ingredients

From chef/author and cookbook author Ellie Krueger

- > 2 cups (500 mL) coated, whipped ricotta, defrosted if frozen
- > 2 cups (500 mL) lightly packed fresh basil
- > 1/2 cup (100 mL) freshly grated Parmigiano-Reggiano cheese
- > 1/4 cup (8 mL) salt
- > 1/4 cup (1 mL) freshly ground black pepper
- > 2 tbsp (45 mL) extra virgin olive oil
- > 4 whole-grain focaccia, each as pesto-topped pizza or base — about 7 in (17.5 cm) in diameter
- > 8 ounces packed, small sun-dried tomatoes cut into slices (see "Wok" — 2 large eggs

Instructions

- Preheat the oven to 415 F (425 C) broil or two large baking sheets at hand.

- Combine the basil, 2/3 cup (160 mL) of the ricotta, 2/3 cup (160 mL) of the cheese, the salt and pepper in a food processor. Pulse to form a coarse texture. With the motor running, drizzle in the oil and process to form a fairly smooth pesto. Stop to scrape down the sides of the bowl as needed.

- Spread the pesto evenly over each flatbread, stopping about 3/4 in (1.9 cm) from the edge and leaving a square in the center of each one for the egg. Arrange the flatbreads on the baking sheet(s). Scatter the sun-dried tomatoes over the pesto.

- Crack an egg into the center of each flatbread. Bake until the egg white is cooked but the yolk is still white and the bread is crisp: 8 to 10 minutes.

- Cut the remaining basil into ribbons, parboil the pasta with the bread and the remaining cheese. Serve warm.



Flatbread Pizza with Broccoli Pesto, Sun-Dried Tomato and Egg Have a healthy meal you love and hate, and they're good for you too.

*Note: If the sun-dried tomatoes are especially dry, place them in a bowl and cover with hot water to soak for 10 minutes, then drain and cut into slivers.

Ellie Krueger's most recent book is *Westgate Wonders: Delicious Healthy Dinners in 30 Minutes or Less* (Insightful Mirrors, 2013).



Next week in BRIDGES

Inside the life and work of Saskatoon's cutting-edge neurosurgeon nicknamed "Dr. Robot"

WINE WORLD

SASKATCHEWAN WINE SCENE

A South African pick for Pinot Grigio fans

By James Romanow

One of the sides to receive sufficient attention in this province (and indeed across Canada) is the one holding South African wines.

South Africa was making great wine long before other countries. The vineyards are almost a subset of Cape Town these days, and were among the first to be planted by Europeans. They make first rate reds and whites. They excel at Rhine style red blends, and a varietal that is unique to the country, Pinotage. They also make great whites and white blends. You know on the blends but if you are a little leery of serving them, you may prefer to have a varietal listed on the front label.

Pinot Grigio has taken the world by storm in the last 10 years. Most of what people drink under that name has little resemblance to the bright, angular white that started that revolution. I have more or less given up drinking the \$10 end of the wines as they get rather meagre. Joe, an acting and writing friend of mine, dunes them with faint praise describing them as "elegant."

Nederburg is quite a reliable wine label something along the lines of a South African Ashton Kutcher. They produce quite decent, and often under rated, wines for several levels of the market. Their Pinot Grigio is not quite a Voldwijn copy being a wine but leather with



hazelnut and a touch more smokiness. On the other hand, it's a very light wine, almost without colour. The bouquet is a mix citrus and the palate is fruity tasting of green apple. It keeps the more assertive grapefruit edge that lesser winemakers relegate.

If you're a PG drinker and haven't tried Nederburg you need to.

Nederburg Winemakers Reserve, 2012 \$14

Back to the '90s in Monday's newspaper. The future on Twitter @jrdromanow.

Crossword/Sudoku answers

CCCP	ASSIST	BPS
ULNA	SPIDER	RIP
BABY	THE ROCK	UNO
ENCARTA	INTO	
EVELYN	BOOKS THE COOK	
SORE	PAIGE	DES
QUESTION	THE DUCK	
SSS	ANODE	ELHII
ALICE	TEFLON	
BLAMEY	THE BEAR	
LILY	ETVOILA	
APT	DECK THE SWAB	
ZEE	AVIATE	TONI
ERR	BATTER	BITT

2	8	4	9	7	5	1	3	6
1	3	9	2	6	8	7	4	5
7	6	5	4	1	3	8	9	2
8	4	1	7	9	6	5	2	3
5	9	7	1	3	2	4	6	8
6	2	3	8	5	4	9	1	7
9	1	8	3	2	7	6	5	4
4	5	2	6	8	9	3	7	1
3	7	6	5	4	1	2	8	9

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